2001 California Children's Healthy Eating and Exercise Practices Survey

Table 1: Healthy Eating Practices Score[1] Among California Children (Diary Sample)

	Average California Daily Food Guide Healthy Eating Practices Score	
Total	**2.1**	
Gender		
Males	2.2	
Females	2.1	
Ethnicity		
White	2.2[b]	***
African American	1.7[a]	
Latino	2.2[b]	
Asian/Other	1.8[a]	
Income		
≤$19,999	2.5[b]	***
$20,000 - $49,999	2.1[a]	
≥$50,000	2.0[a]	
Federal Poverty Level		
≤ 185%	2.3	*
> 185%	2.1	
Food Stamps		
Yes	2.4	*
No	2.1	
Overweight Status		
Not at Risk	2.1	
At Risk/Overweight	2.2	
Physical Activity		
≥60 minutes	2.2	
<60 minutes	2.1	
School Breakfast		
Yes	2.4	**
No	2.1	
School Lunch		
Yes	2.2	
No	2.1	
Nutrition Lesson		
Yes	2.3	***
No	1.9	
Exercise Lesson		
Yes	2.3	***
No	1.9	

[1] The score reflects the average of healthy eating behaviors practiced on a typical school day against California Daily Food Guide standards. The score was calculated based upon one point each for having: a fruit and a vegetable; 5 or more servings of fruits and vegetables; any milk, cheese, or yogurt; any 1% or nonfat milk; any high fiber cereal; any beans; and any whole grain bread. The maximum number of points was seven.

A box around a group of numbers signifies that differences observed within this group are statistically significant.
Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).
ANOVA
* p<.05
** p<.01
*** p<.001

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Table 2: Total Servings of Fruits and Vegetables Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Reported Mean Servings					
	Fruits, Juices, Vegetables and Salads		Fruits and Juices		Vegetables and Salads	
Total	**2.9**		**1.6**		**1.3**	
Gender						
Males	2.9		1.6		1.3	
Females	2.9		1.7		1.2	
Ethnicity						
White	2.8		1.5^{ab}	*	1.2	
African American	2.5		1.2^{a}		1.3	
Latino	3.1		1.8^{b}		1.3	
Asian/Other	2.9		1.7^{ab}		1.3	
Income						
≤$19,999	3.6^{a}	***	1.9^{b}	**	1.7^{b}	***
$20,000 - $49,999	3.0^{b}		1.8^{ab}		1.2^{a}	
≥$50,000	2.6^{c}		1.5^{a}		1.1^{a}	
Federal Poverty Level						
≤ 185%	3.2	***	1.8	**	1.4	**
> 185%	2.7		1.5		1.2	
Food Stamps						
Yes	3.5	**	1.8		1.7	***
No	2.8		1.6		1.2	
Overweight Status						
Not at Risk	3.0		1.8	*	1.3	
At Risk/Overweight	2.8		1.5		1.2	
Physical Activity						
≥60 minutes	2.9		1.6		1.3	
<60 minutes	2.9		1.6		1.2	
School Breakfast						
Yes	3.6	***	2.0	***	1.6	***
No	2.7		1.6		1.2	
School Lunch						
Yes	3.0	*	1.7		1.4	**
No	2.7		1.6		1.1	
Nutrition Lesson						
Yes	3.1	**	1.7	*	1.4	**
No	2.7		1.5		1.1	
Exercise Lesson						
Yes	3.0	**	1.7		1.3	*
No	2.7		1.5		1.1	

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

* p<.05

** p<.01

*** p<.001

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Table 3: Breakdown of the Fruits and Vegetables Reported by California Children

Fruits and Vegetables	Mean Servings
Total	**2.9**
Fruits	1.1
Juices	0.6
Vegetables	1.0
Salads	0.2
Green salads[1]	0.2
All potatoes	0.3
All fried vegetables[2]	0.2
Fried potatoes only	0.2

[1]Green Salad includes tossed salad, lettuce salad, lettuce tomato salad, mixed vegetable salad, reported unspecified vegetable salad and all other salads.

[2] Fried vegetables include fried potatoes (i.e. french fries, curly fries, hash browns, tator tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, etc.).

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Table 4: Servings of Fruits, Juices, Vegetables and Salads Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Reported Mean Servings		
	Fruits	**Juices**	**Vegetables**
Total	**1.1**	**0.6**	**1.0**
Gender			
Males	1.0 **	0.6 *	1.1
Females	1.2	0.5	1.0
Ethnicity			
White	1.0	0.5^{a} *	1.0
African American	0.7	0.5^{ab}	1.0
Latino	1.1	0.7^{b}	1.0
Asian/Other	1.1	0.6^{ab}	1.1
Income			
≤$19,999	1.1	0.7^{ab} **	1.4^{b} **
$20,000 - $49,999	1.1	0.7^{b}	1.0^{a}
≥$50,000	1.0	0.5^{a}	0.9^{a}
Federal Poverty Level			
≤ 185%	1.1	0.7 ***	1.1 *
> 185%	1.0	0.5	1.0
Food Stamps			
Yes	1.0	0.8 *	1.4 ***
No	1.1	0.6	1.0
Overweight Status			
Not at Risk	1.1 *	0.6	1.0
At Risk/Overweight	1.0	0.5	1.0
Physical Activity			
≥60 minutes	1.0	0.6	1.0
<60 minutes	1.1	0.6	1.0
School Breakfast			
Yes	1.2 *	0.8 **	1.3 **
No	1.0	0.5	1.0
School Lunch			
Yes	1.1	0.6	1.1
No	1.0	0.6	0.9
Nutrition Lesson			
Yes	1.2 **	0.6	1.1 **
No	0.9	0.6	0.9
Exercise Lesson			
Yes	1.1 **	0.6	1.1 *
No	0.9	0.6	0.9

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

* p<.05

** p<.01

*** p<.001

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Table 5: Range in Number of Servings of Salads Eaten per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Servings of Salads, Percent		
	0[1]	1+	
Total	**88**	**12**	
Gender			
Males	88	12	
Females	87	13	
Ethnicity			
White	89	11	
African American	90	10	
Latino	84	16	
Asian/Other	91	9	
Income			
≤$19,999	82	18	
$20,000 - $49,999	87	13	
≥$50,000	89	11	
Federal Poverty Level			
≤ 185%	86	14	
> 185%	88	12	
Food Stamps			
Yes	82	18	
No	88	12	
Overweight Status			
Not at Risk	86	14	
At Risk/Overweight	90	10	
Physical Activity			
≥60 minutes	86	14	
<60 minutes	89	11	
School Breakfast			
Yes	82	18	*
No	89	11	
School Lunch			
Yes	85	15	**
No	92	8	
Nutrition Lesson			
Yes	87	13	
No	88	12	
Exercise Lesson			
Yes	88	12	
No	86	14	

[1] Categorized as having 0.5 servings or less.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

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Table 6: Range in Number of Servings of Fried Potatoes[1] Eaten per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (High-fat snack) did your child eat/drink in this category?

	Servings of Fried Potatoes, Percent		
	0[2]	1+	
Total	**90**	**10**	
Gender			
Males	87	13	*
Females	92	8	
Ethnicity			
White	90	10	
African American	88	12	
Latino	90	10	
Asian/Other	89	11	
Income			
≤$19,999	77	23	***
$20,000 - $49,999	93	7	
≥$50,000	90	10	
Federal Poverty Level			
≤ 185%	88	12	
> 185%	91	9	
Food Stamps			
Yes	80	20	**
No	91	9	
Overweight Status			
Not at Risk	90	10	
At Risk/Overweight	90	10	
Physical Activity			
≥60 minutes	89	11	
<60 minutes	90	10	
School Breakfast			
Yes	87	13	
No	90	10	
School Lunch			
Yes	87	13	**
No	93	7	
Nutrition Lesson			
Yes	90	10	
No	88	12	
Exercise Lesson			
Yes	90	10	
No	89	11	

[1] Fried Potatoes include french fries, curly fries, hash browns, tator tots, fried potato wedges, etc.

[2] Categorized as having 0.5 servings or less.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 7: Range in Number of Servings of Fruits and Vegetables Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Servings of Fruits and Vegetables, Percent				
	0[1]	1-2	3-4	5+	
Total	**9**	**37**	**34**	**20**	
Gender					
Males	8	38	32	22	
Females	9	36	37	19	
Ethnicity					
White	9	35	38	18	
African American	12	44	27	17	
Latino	6	38	33	23	
Asian/Other	13	35	29	23	
Income					
≤$19,999	6	27	33	34	***
$20,000 - $49,999	8	40	30	23	
≥$50,000	10	37	38	14	
Federal Poverty Level					
≤ 185%	8	33	32	27	*
> 185%	9	39	36	17	
Food Stamps					
Yes	8	27	26	38	**
No	9	37	35	19	
Overweight Status					
Not at Risk	9	35	33	23	
At Risk/Overweight	8	38	37	18	
Physical Activity					
≥60 minutes	8	37	34	21	
<60 minutes	9	37	35	19	
School Breakfast					
Yes	7	24	35	34	***
No	9	40	34	17	
School Lunch					
Yes	6	36	35	22	*
No	12	38	33	17	
Nutrition Lesson					
Yes	8	31	39	22	**
No	10	43	29	18	
Exercise Lesson					
Yes	7	33	38	21	**
No	11	43	27	19	

[1] Categorized as having 0.5 servings or less.

Rows may not add up to 100% due to rounding.
A box around a group of numbers signifies that differences observed within this group are statistically significant.
Chi Square Test
* p<.05
** p<.01
*** p<.001

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Table 8: Percent of Children Meeting Fruit and Vegetable Recommendations (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Children Meeting Fruit and Vegetable Recommendations, Percent			
	2+ Servings of Fruits and Juices	3+ Servings of Vegetables and Salads	Both 2+ Servings of Fruits and 3+ Servings of Vegetables	5+ Servings of Any Fruits and Vegetables
Total	**52**	**14**	**8**	**20**
Gender				
Males	49	14	8	22
Females	54	14	9	19
Ethnicity				
White	50	11	6	18
African American	37	15	4	17
Latino	56	16	12	23
Asian/Other	52	13	8	23
Income				
≤$19,999	58	27 ***	24 ***	34 ***
$20,000 - $49,999	52	12	8	23
≥$50,000	49	11	5	14
Federal Poverty Level				
≤ 185%	56	19 **	14 ***	27 **
> 185%	49	11	5	17
Food Stamps				
Yes	58	32 ***	24 ***	38 ***
No	51	12	7	19
Overweight Status				
Not at Risk	55	12	7	23
At Risk/Overweight	48	17	10	18
Physical Activity				
≥60 minutes	52	14	8	21
<60 minutes	51	14	8	19
School Breakfast				
Yes	62 *	25 ***	20 ***	34 ***
No	49	11	6	17
School Lunch				
Yes	51	17 **	10 *	22
No	52	9	6	17
Nutrition Lesson				
Yes	56 **	16	10	22
No	46	11	7	18
Exercise Lesson				
Yes	55 **	14	9	21
No	45	12	7	19

A box around a group of numbers signifies that differences observed within this group are statistically significant.
Chi Square Test

* p<.05
** p<.01
*** p<.001

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Table 9: Top Ten Most Commonly Consumed Fruits and Vegetables (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did you/your child eat/drink in this category?

Fruits

Rank	State Total	Boys	Girls	White	African-American	Latino	Asian/Other
1st	Apples	Apples	Apples	Apples	Orange Juice	Apples	Orange Juice
2nd	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Oranges	Orange Juice	Apples
3rd	Bananas	Bananas	Oranges	Bananas	Apples	Oranges	Fruit Juice
4th	Apple Juice	Fruit Juices	Apple Juice	Apple Juice	Apple Juice	Apple Juice	Bananas
5th	Oranges	Apple Juice	Strawberries	Strawberries	Bananas	Bananas	Strawberries
6th	Strawberries	Oranges	Bananas	Fruit Juices	Grape Juice	Strawberries	Mixed Fruit
7th	Fruit Juices[1]	Strawberries	Fruit Juices	Oranges	Strawberries	Peaches	Oranges
8th	Peaches	Applesauce	Peaches	Applesauce	Grapes	Fruit Juices	Peaches
9th	Applesauce	Peaches	Applesauce	Peaches	Peaches	Pears	Applesauce
10th	Pears	Pears	Pears	Pears	Fruit Juice	Grapes	N/A[7]

Vegetables

Rank	State Total	Boys	Girls	White	African-American	Latino	Asian/Other
1st	Green Salad[2]	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
2nd	Tomato Sauce[3]	Carrots	Tomato Sauce	Tomato Sauce	Tomato Sauce	Carrots	Tomato Sauce
3rd	Carrots	Tomato Sauce	Corn	Carrots	Corn	Tomato Sauce	Corn
4th	Corn	Corn	Carrots	Non-Fried Potatoes	Green Beans	Corn	Mixed Vegetables
5th	Non-Fried Potatoes[4]	Non-Fried Potatoes	Non-Fried Potatoes	Corn	Veggies on Sandwich/Taco	Veggies on Sandwich/Taco	Carrots
6th	Green Beans[5]	Green Beans	Green Beans	Green Beans	Carrots	Non-Fried Potatoes	Non-Fried Potatoes
7th	Veggies on Sandwich/Taco[6]	Veggies on Sandwich/Taco	Veggies on Sandwich/Taco	Broccoli	Non-Fried Potatoes	Green Beans	Green Beans
8th	Broccoli	Broccoli	Green Peas	Veggies on Sandwich/Taco	Cabbage	Cucumber	Green Peas
9th	Green Peas	Green Peas	Broccoli	Green Peas	Lettuce	Green Peas	Broccoli
10th	Tomatoes	Cucumber	Tomatoes	Tomatoes	Mixed Vegetables	Broccoli	Onions Cabbage

[1]Fruit Juices include any unspecified fruit juice or any 100% combination fruit juice, such as Juicy Juice

[2]Green Salad includes tossed salad, lettuce salad, lettuce tomato salad, mixed vegetable salad, reported unspecified vegetable salad and all other salads

[3]Tomato Sauce includes pizza sauce and spaghetti sauce

[4]Non-Fried Potatoes includes baked potato, mashed potato, scalloped potatoes, potato salad, and reported unspecified potatoes

[5]Green Beans include green beans, string beans, beans unspecified, and all other beans

[6]Veggies on Sandwich/Taco includes reported lettuce, tomato, or other vegetables on sandwich, taco, burrito, etc

[7]N/A reported due to 7 way tie between grapes, pears, pineapple, cranberry juice, grape juice, unspecified fruit, and kiw

Shaded boxes or a box around a group were tied for a ranking.

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Table 10: Belief about the Number of Servings of Fruits and Vegetables Needed for Good Health (Phone Sample)

How many total servings of fruits, fruit juices, vegetables, and or salads do you think you should eat every day for good health?

	Servings of Fruits and Vegetables Believed Needed, Percent of Children[1]		
	0-2	3-4	5+
Total	**18**	**41**	**41**
Gender			
Males	16	43	41
Females	19	40	41
Ethnicity			
White	17	39	44
African American	22	26	52
Latino	22	41	38
Asian/Other	7	56	38
Income			
≤$19,999	20	37	44
$20,000 - $49,999	21	42	37
≥$50,000	14	41	44
Federal Poverty Level			
≤ 185%	16	40	44
> 185%	18	42	40
Food Stamps			
Yes	22	31	47
No	17	42	41
Overweight Status			
Not at Risk	15	38	46
At Risk/Overweight	23	44	33
Physical Activity			
≥60 minutes	20	39	41
<60 minutes	14	44	42
School Breakfast			
Yes	8	42	50
No	19	41	40
School Lunch			
Yes	19	39	42
No	16	44	40
Nutrition Lesson			
Yes	14	45	41
No	21	36	42
Exercise Lesson			
Yes	15	40	44
No	22	43	35

[1] Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.

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Table 11: Servings of Fruits and Vegetables Believed to Be Needed Compared with Actual Fruit and Vegetable Consumption (Phone Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?
How many total servings of fruits, fruit juice~~s~~, vegetables, ~~and~~ or salads do you think you should eat every day for good health?

		Servings of Fruits and Vegetables Eaten by Children, Percent			
Fruits and Vegetables	**Percent**	**0-2**	**3-4**	**5+**	
Servings believed to be needed					
0-2	18	64	20	16	*
3-4	41	41	35	24	
5+	42	39	40	21	

Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.
A box around a group of numbers signifies that differences observed within this group are statistically significant.
Chi Square Test
* p<.05

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Table 12: Belief about Personal Success Eating Enough Fruits and Vegetables (Phone Sample)

Do you think you eat the right amount of fruits and vegetables every day, too much, or do you think you should eat more?

	Belief, Percent of Children	
	Eat the Right Amount or Too Much	Need to Eat More
Total	**36**	**64**
Gender		
Males	36	64
Females	37	63
Ethnicity		
White	34	66
African American	35	65
Latino	38	62
Asian/Other	41	59
Income		
≤$19,999	31	69
$20,000 - $49,999	40	60
≥$50,000	34	66
Federal Poverty Level		
≤ 185%	32	68
> 185%	38	62
Food Stamps		
Yes	40	60
No	35	65
Overweight Status		
Not at Risk	35	65
At Risk/Overweight	39	61
Physical Activity		
≥60 minutes	34	66
<60 minutes	39	61
School Breakfast		
Yes	43	57
No	35	65
School Lunch		
Yes	35	65
No	39	61
Nutrition Lesson		
Yes	41	59
No	31	69
Exercise Lesson		
Yes	37	63
No	34	66

Excludes those reporting "not sure."

Rows may not add up to 100% due to rounding.

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Table 46: Frequency of Eating in a Fast Food Restaurant during the Past Week (Phone Sample)

In the past week, about how ~~often~~ many times did you eat ~~at~~ a meal or snack from a fast food restaurant such as McDonald's, Pizza Hut, Burger King, KFC (Kentucky Fried Chicken), Wendy's, and so on?

	Times Eating Fast Food in the Past Week, Percent of Children			
	0	1	2+	
Total	**20**	**43**	**37**	
Gender				
Males	20	47	34	
Females	21	38	41	
Ethnicity				
White	25	38	38	*
African American	26	35	39	
Latino	11	50	40	
Asian/Other	27	48	25	
Income				
≤$19,999	17	54	29	
$20,000 - $49,999	16	47	37	
≥$50,000	24	37	39	
Federal Poverty Level				
≤ 185%	19	42	39	
> 185%	21	43	36	
Food Stamps				
Yes	26	46	29	
No	20	43	38	
Overweight Status				
Not at Risk	21	45	34	
At Risk/Overweight	17	38	45	
Physical Activity				
≥60 minutes	19	45	37	
<60 minutes	22	41	38	
School Breakfast				
Yes	23	40	38	
No	20	43	37	
School Lunch				
Yes	18	45	37	
No	23	40	37	
Nutrition Lesson				
Yes	20	43	38	
No	21	43	36	
Exercise Lesson				
Yes	18	42	40	
No	24	45	31	

Excludes those reporting "don't know."
Reported mean times eating fast food in the past week was 1.5 times.

Rows may not add up to 100% due to rounding.
A box around a group of numbers signifies that differences observed within this group are statistically significant.
Chi Square
* p<.05

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Table 52: Range of Minutes Exercised by Children on a Typical Weekday (Diary Sample)

Did your child exercise or was he/she physically active any time during this part of the day (morning, afternoon, evening)?
Number of minutes your child spent doing each exercise or activity.
How vigorously did your child participate in this exercise or activity?

	Average Minutes of Light, Moderate, and Vigorous Physical Activity, Percent of Children			
	<30	30-59	≥60	
Total	**12**	**25**	**64**	
Gender				
Males	9	24	68	*
Females	15	26	60	
Ethnicity				
White	9	22	69	
African American	19	29	52	
Latino	12	27	60	
Asian/Other	15	22	63	
Income				
≤$19,999	14	29	57	
$20,000 - $49,999	11	28	61	
≥$50,000	11	21	68	
Federal Poverty Level				
≤ 185%	15	25	60	
> 185%	10	24	66	
Food Stamps				
Yes	22	31	47	**
No	11	24	65	
Overweight Status				
Not at Risk	11	23	66	
At Risk/Overweight	12	29	59	
Physical Activity				
≥60 minutes	N/A	N/A	N/A	
<60 minutes	N/A	N/A	N/A	
School Breakfast				
Yes	20	25	56	**
No	10	25	66	
School Lunch				
Yes	13	26	61	
No	10	22	68	
Nutrition Lesson				
Yes	8	25	67	**
No	16	25	60	
Exercise Lesson				
Yes	9	24	67	**
No	17	25	58	

Rows may not add up to 100% due to rounding.
A box around a group of numbers signifies that differences observed within this group are statistically significant.
Chi Square Test
* p<.05
** p<.01

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Table 53: Minutes of Light, Medium, Hard and Total Physical Activity on a Typical Weekday (Diary Sample)

Number of minutes your child spent doing each exercise or activity.
How vigorously did your child participate in this exercise or activity?

	Level of Physical Activity in Minutes, Mean			Total Minutes, Mean
	Light	Moderate	Hard	
Total	**14**	**34**	**38**	**87**
Gender				
Males	13	39 **	45 ***	98 ***
Females	15	30	30	76
Ethnicity				
White	16	37	37	90[b] *
African American	11	24	28	63[a]
Latino	14	33	39	86[ab]
Asian/Other	12	33	43	90[ab]
Income				
≤$19,999	14	42	38	95
$20,000 - $49,999	15	33	38	87
≥$50,000	13	33	38	84
Federal Poverty Level				
≤ 185%	15	34	38	87
> 185%	14	34	38	87
Food Stamps				
Yes	13	40	38	91
No	14	33	38	86
Overweight Status				
Not at Risk	13	33	39	85
At Risk/Overweight	15	33	38	87
Physical Activity				
≥60 minutes	N/A	N/A	N/A	N/A
<60 minutes	N/A	N/A	N/A	N/A
School Breakfast				
Yes	12	35	37	85
No	15	34	38	87
School Lunch				
Yes	14	34	39	87
No	14	35	36	87
Nutrition Lesson				
Yes	13 *	38 **	42 **	94 **
No	16	29	33	79
Exercise Lesson				
Yes	14	36	41 **	91 **
No	14	31	31	79

A box around a group of numbers signifies that differences observed within this group are statistically significant.

ANOVA
* p<.05
** p<.01
*** p<.001

California Department of Health Services: September 2005

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 54: Percentage of Children Who Met Physical Activity Recommendation on a Typical Weekday (Diary Sample)

Number of minutes your child spent doing each exercise or activity.
How vigorously did your child participate in this exercise or activity?

	Minutes of Moderate and Vigorous Physical Activity, Percent of Children		
	<60	≥60	
Total	**50**	**50**	
Gender			
Males	40	60	***
Females	60	40	
Ethnicity			
White	46	54	
African American	62	38	
Latino	52	48	
Asian/Other	50	50	
Income			
≤$19,999	52	48	
$20,000 - $49,999	53	47	
≥$50,000	47	53	
Federal Poverty Level			
≤ 185%	52	48	
> 185%	49	51	
Food Stamps			
Yes	62	38	*
No	49	51	
Overweight Status			
Not at Risk	48	52	
At Risk/Overweight	54	46	
Physical Activity			
≥60 minutes	N/A	N/A	
<60 minutes	N/A	N/A	
School Breakfast			
Yes	56	44	
No	49	51	
School Lunch			
Yes	52	48	
No	47	53	
Nutrition Lesson			
Yes	42	58	***
No	59	41	
Exercise Lesson			
Yes	44	56	***
No	60	40	

Rows may not add up to 100% due to rounding.
A box around a group of numbers signifies that differences observed within this group are statistically significant.
Chi Square Test
* p<.05
*** p<.001

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 55: Mode of Transporation *to* and *from* School on a Typical School Day (Diary Sample)

What was the primary way your child got *to school* today?
What was the primary way your child got home *from school* today?

Transportation Mode *to* School	**Average Percent**
Car/carpool	65
School bus	13
Walk	17
Bicycle	2
Transportation Mode *from* School	**Average Percent**
Car/carpool	55
School bus	14
Walk	23
Bicycle	2

Excludes those reporting "other" and "home school."

Columns may not add up to 100% because a subset of the categories is presented.
Percents averaged over two days.

California Department of Health Services: September 2005

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 56: Percentage of Children Who Reported Walking *to* School on a Typical Weekday (Diary Sample)

What was the primary way your child got *to school* today?

	Children Who Walked to School, Average Estimated Percent[1]	
Total	**18**	
Gender		
Males	19	
Females	17	
Ethnicity		
White	14[a]	*
African American	23[ab]	
Latino	22[b]	
Asian/Other	15[ab]	
Income		
≤$19,999	40[b]	***
$20,000 - $49,999	18[a]	
≥$50,000	11[a]	
Federal Poverty Level		
≤ 185%	29	***
> 185%	12	
Food Stamps		
Yes	39	***
No	15	
Overweight Status		
Not at Risk	17	
At Risk/Overweight	19	
Physical Activity		
≥60 minutes	16	
<60 minutes	19	
School Breakfast		
Yes	30	***
No	15	
School Lunch		
Yes	19	
No	15	
Nutrition Lesson		
Yes	18	
No	17	
Exercise Lesson		
Yes	17	
No	19	

[1] Participants get one point for walking to school on day 1 and one point for day 2. The mean of the two-day score is presented. The average estimated percent ranges from 0-1.

Excludes those reporting "other" and "home school."

A box around a group of numbers signifies that differences observed within this group are statistically significant.
Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).
ANOVA
* p<.05
*** p<.001

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 57: Percentage of Children Who Reported Walking Home *from* School on a Typical Weekday (Diary Sample)

What was the primary way your child got *home from* school today?

	Children Who Walked Home from School, Average Estimated Percent[1]	
Total	**24**	
Gender		
Males	27	*
Females	21	
Ethnicity		
White	19[a]	**
African American	31[ab]	
Latino	29[b]	
Asian/Other	22[ab]	
Income		
≤$19,999	39[c]	***
$20,000 - $49,999	28[b]	
≥$50,000	17[a]	
Federal Poverty Level		
≤ 185%	36	***
> 185%	18	
Food Stamps		
Yes	44	***
No	21	
Overweight Status		
Not at Risk	20	**
At Risk/Overweight	31	
Physical Activity		
≥60 minutes	24	
<60 minutes	23	
School Breakfast		
Yes	37	***
No	21	
School Lunch		
Yes	26	
No	21	
Nutrition Lesson		
Yes	25	
No	22	
Exercise Lesson		
Yes	23	
No	25	

[1] Participants get one point for walking home from school on day 1 and one point for day 2. The mean of the two-day score is presented. The average estimated percent ranges from 0-1.

Excludes those reporting "other" and "home school."

A box around a group of numbers signifies that differences observed within this group are statistically significant.
Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).
ANOVA
* p<.05
** p<.01
*** p<.001

California Department of Health Services: September 2005

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 58: Percentage of Children Using a Physically Active Mode of Transportation[1] to and from School on a Typical Weekday (Diary Sample)

What was the primary way your child got *to school* today?
What was the primary way your child got *home from* school today?

	Children Using a Physically Active Mode of Transportation to and from School, Average Estimated Percent[2]	
Total	**16**	
Gender		
Males	18	
Females	14	
Ethnicity		
White	15	
African American	22	
Latino	18	
Asian/Other	11	
Income		
≤$19,999	36[b]	***
$20,000 - $49,999	15[a]	
≥$50,000	13[a]	
Federal Poverty Level		
≤ 185%	26	***
> 185%	11	
Food Stamps		
Yes	39	***
No	13	
Overweight Status		
Not at Risk	14	
At Risk/Overweight	20	
Physical Activity		
≥60 minutes	16	
<60 minutes	17	
School Breakfast		
Yes	27	***
No	14	
School Lunch		
Yes	16	
No	16	
Nutrition Lesson		
Yes	17	
No	16	
Exercise Lesson		
Yes	15	
No	18	

[1] Physically active modes of transportation include walking and bicycling.

[2] Participants get one point for walking or biking to and from school on day 1 and one point for day 2. The mean of the two-day score is presented. The average estimated proportion ranges from 0-1 and is reported as a percent.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

ANOVA

*** p<.001

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 59: Comparison of the Frequency and Amount of Time Spent in School Physical Education Classes Between Children Reporting Any PE and All Children (Diary Sample)

Not including recess or lunch, during the current school year, do you have any PE (physical education) or gym classes that are taught by a teacher, coach, athletic instructor or some other type of adult teacher?
About how often did you have to attend a gym or physical education class?
Thinking of a typical gym or PE (physical education) class, for about how many minutes does this class last when you have it?

	Times Per Week Children Reported Having Physical Education Classes, Percent				PE Classes Per Week[1], Mean	Time Spent in PE Class, Mean Minutes
	<1	1-2	3-4	5+		
Children Reporting Any PE Classes Only	5	51	27	16	2.5	40
Across All Children	19	44	23	14	2.1	34

[1] Children taking less than 1 PE class per week are assigned zero.
Excludes those reporting "not sure" if had PE; "don't know" how often had PE; and "don't know" how many minutes of PE.

Rows may not add up to 100% due to rounding.

California Department of Health Services: September 2005

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 60: Frequency and Amount of Time Spent in School Physical Education Classes by California Children (Phone Sample)

Not including recess or lunch, during the current school year, do you have any PE (physical education) or gym classes are taught by a teacher, coach, athletic instructor or some other type of adult teacher?
About how often did you have to attend a gym or physical education class?
Thinking of a typical gym or PE (physical education) class, for about how many minutes does this class last when you have it [insert frequency of PE classes]?

	PE Classes Per Week, Mean		Time Spent in PE Class, Mean Minutes	
Total	**2.1**		**34**	
Gender				
Males	2.2		32	*
Females	2.1		35	
Ethnicity				
White	2.2		35[b]	**
African American	2.0		24[a]	
Latino	2.1		33[b]	
Asian/Other	2.2		36[b]	
Income				
≤$19,999	2.0		29[a]	*
$20,000 - $49,999	2.1		33[ab]	
≥$50,000	2.2		35[b]	
Federal Poverty Level				
≤ 185%	2.0	*	31	
> 185%	2.2		34	
Food Stamps				
Yes	2.4		32	
No	2.1		34	
Overweight Status				
Not at Risk	2.1		33	
At Risk/Overweight	2.2		36	
Physical Activity				
≥60 minutes	2.3	**	35	
<60 minutes	1.9		32	
School Breakfast				
Yes	1.9		28	***
No	2.2		35	
School Lunch				
Yes	2.2		33	
No	2.1		34	
Nutrition Lesson				
Yes	2.4	***	35	**
No	1.9		31	
Exercise Lesson				
Yes	2.3	***	36	***
No	1.8		30	

Excludes those reporting "not sure" if had PE; "don't know" how often had PE; and "don't know" how many minutes of PE.

A box around a group of numbers signifies that differences observed within this group are statistically significant.
Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).
ANOVA
* p<.05
** p<.01
*** p<.001

California Department of Health Services: September 2005

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 61: Minutes Spent on Sedentary Activities on a Typical Weekday: Television, Video Games and Computer for Fun (Diary Sample)

How may minutes did your child watch TV/videos for fun or play computer games or play video games for fun during each of the three major parts of the day?

	Minutes Spent Watching TV or Playing Video/Computer Games, Mean[1]		Met Healthy People 2010 Guideline for 2 or Fewer Hours of Sedentary Activity, Percent[2]	
Total	**74**		**85**	
Gender				
Males	79	**	83	
Females	68		87	
Ethnicity				
White	70		86	
African American	83		79	
Latino	76		84	
Asian/Other	76		88	
Income				
≤$19,999	86[b]	**	77	
$20,000 - $49,999	78[ab]		85	
≥$50,000	67[a]		86	
Federal Poverty Level				
≤ 185%	83	**	81	*
> 185%	69		87	
Food Stamps				
Yes	88	*	77	
No	72		85	
Overweight Status				
Not at Risk	72		86	
At Risk/Overweight	80		82	
Physical Activity				
≥60 minutes	70		87	
<60 minutes	77		83	
School Breakfast				
Yes	85	*	80	
No	71		86	
School Lunch				
Yes	76		84	
No	70		86	
Nutrition Lesson				
Yes	71		86	
No	77		83	
Exercise Lesson				
Yes	73		86	
No	76		83	

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

[1] ANOVA

[2] Chi Square Test

* p<.05

** p<.01

California Department of Health Services: September 2005

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 62: Proportion of Children Who Believed Physical Activity Guideline (Phone Sample)

About how many minutes do you think you should exercise or be physically active each day for good health?

About how many ~~times~~ days each week ~~should~~ do you think you should exercise or be physically active by doing things like bicycling, dancing, or playing basketball for at least ~~30 minutes at a time~~ one hour?

	Believed 60+ Minutes of Moderate and Vigorous Physical Activity 7 Days a Week Is Needed, Percent of Children
	≥60
Total	**21**
Gender	
Males	25
Females	17
Ethnicity	
White	Insufficient sample size for analysis
African American	
Latino	
Asian/Other	
Income	
≤$19,999	15
$20,000 - $49,999	22
≥$50,000	21
Federal Poverty Level	
≤ 185%	20
> 185%	21
Food Stamps	
Yes	20
No	21
Overweight Status	
Not at Risk	20
At Risk/Overweight	21
Physical Activity	
≥60 minutes	19
<60 minutes	25
School Breakfast	
Yes	23
No	19
School Lunch	
Yes	33
No	20
Nutrition Lesson	
Yes	21
No	22
Exercise Lesson	
Yes	25 **
No	12

Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

** p<.01

California Department of Health Services: September 2005

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 63: Percentage of Children Who Played Sports Outside of Physical Education Classes (Diary Sample)

During the current school year, have you taken any type of sports lesson or sports class, or played on a sports team that was not part of your school PE (physical education) or gym class?

	Children Who Played Sports Outside of PE, Percent	
Total	**56**	
Gender		
Males	59	
Females	53	
Ethnicity		
White	64	***
African American	39	
Latino	53	
Asian/Other	48	
Income		
≤$19,999	42	***
$20,000 - $49,999	49	
≥$50,000	66	
Federal Poverty Level		
≤ 185%	46	***
> 185%	62	
Food Stamps		
Yes	40	**
No	58	
Overweight Status		
Not at Risk	55	
At Risk/Overweight	61	
Physical Activity		
≥60 minutes	68	***
<60 minutes	44	
School Breakfast		
Yes	53	
No	57	
School Lunch		
Yes	55	
No	58	
Nutrition Lesson		
Yes	60	*
No	51	
Exercise Lesson		
Yes	60	**
No	49	

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

*** p<.001

California Department of Health Services: September 2005

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 64: Top Ten Most Common Forms of Exercise or Physical Activity per Typical Weekday for All Occasions (Diary Sample)

Type of exercise, physical activity, or sports in which your child participated during this part of the day (morning, afternoon, evening).

Rank	State Total	Boys	Girls
1st	Running/Jogging	Basketball	Running/Jogging
2nd	Walking	Running/Jogging	Walking
3rd	Basketball	Walking	General Recess
4th	Bicycling	Bicycling	General Play
5th	General Recess	General Recess	Playground Equipment
6th	General Play[1]	Soccer	Basketball
7th	Baseball	General Play	Calisthenics
8th	Playground Equipment[2]	Kickball	Playground Games[5]
9th	Calisthenics[3]	General PE[4]	Bicycling
10th	Soccer	Playground Equipment	Swimming

Rank	White	African-American	Latino	Asian/Other
1st	Running/Jogging	Running/Jogging	Walking	Running/Jogging
2nd	Walking	Basketball	Running/Jogging	Basketball
3rd	Basketball	Walking	Basketball	Walking
4th	Bicycling	Rope Skipping/Jump Rope	Bicycling	General Play
5th	General Recess	Handball	General Recess	General PE
6th	Baseball	Calisthenics	Baseball	Calisthenics
7th	Playground Equipment	Bicycling	Soccer	General Recess
8th	General Play	Playground Equipment	General Play	Tag[6]
9th	Soccer	Kickball	Playground Equipment	Other Exercise
10th	Playground Games	Playground Games	Calisthenics	Dodgeball

[1] General play includes tree climbing, playing with the dog, etc.
[2] Playground equipment includes swings, see-saw, bars, slide, etc.
[3] Calisthenics includes jumping jacks, push-ups, stretching, etc.
[4] General PE includes Physical Education time.
[5] Playground games include hopscotch, four-square, tetherball, etc.
[6] Tag includes tag, capture the flag, hide and seek, etc.

California Department of Health Services: September 2005

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 65: Frequency of School Physical Education Classes by Average Minutes of Physical Activity (Phone Sample)

About how often did you have to attend a gym or physical education class?
Number of minutes your child spent doing each exercise or activity.

Physical Education Classes	Percent	Mean Minutes of Physical Activity	
Times per week			
None	15	77[a]	***
≤ 1	22	83[a]	
2	26	85[a]	
3-4	23	83[a]	
5	14	116[b]	

Excludes those reporting "don't know" how often.

A box around a group of numbers signifies that differences observed within this group are statistically significant.
Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).
ANOVA
*** p<.001

California Department of Health Services: September 2005

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 75: Range in Days per Week that Children Met the Physical Activity Guideline (Diary Sample)

For about how many days in the past week did you exercise or were you physically active for a total of 60 minutes (or more) throughout the day?

	Days per Week Getting 60+ Minutes of Moderate and/or Vigorous PA, Percent of Children				
	0-2	3-4	5-6	7	
Total	**18**	**28**	**28**	**26**	
Gender					
Males	16	23	30	31	***
Females	20	34	27	19	
Ethnicity					
White	15	29	29	27	
African American	24	26	22	26	
Latino	20	24	32	24	
Asian/Other	18	39	19	24	
Income					
≤$19,999	17	21	33	29	*
$20,000 - $49,999	21	24	30	25	
≥$50,000	14	34	26	25	
Federal Poverty Level					
≤ 185%	18	25	34	22	
> 185%	17	30	26	27	
Food Stamps					
Yes	19	22	26	34	
No	18	30	28	25	
Overweight Status					
Not at Risk	13	29	27	31	***
At Risk/Overweight	23	30	30	17	
Physical Activity					
≥60 minutes	6	21	35	39	***
<60 minutes	29	36	22	12	
School Breakfast					
Yes	18	28	28	27	
No	18	29	29	25	
School Lunch					
Yes	17	29	30	25	
No	19	28	27	27	
Nutrition Lesson					
Yes	12	28	32	28	***
No	24	29	24	23	
Exercise Lesson					
Yes	14	30	32	25	**
No	24	27	23	27	

Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.
A box around a group of numbers signifies that differences observed within this group are statistically significant.
Chi Square Test
* p<.05
** p<.01
*** p<.001

California Department of Health Services: September 2005

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 76: Days of Physical Activity Believed to Be Needed Compared with Actual Activity Level (Phone Sample)

About how many ~~times~~ days each week ~~should~~ do you think you should exercise or be physically active by doing things like bicycling, dancing, or playing basketball for at least ~~30 minutes at a time~~ one hour? For about how many days in the past week did you exercise or were you physically active for a total of 60 minutes (or more) throughout the day?

		Days per Week Getting 60+ Minutes of Moderate and/or Vigorous PA, Percent of Children				
Physical Activity	**Percent**	**0-2**	**3-4**	**5-6**	**7+**	
Days believed to be needed						
0-2	10	28	31	28	14	**
3-4	33	8	32	31	28	
5-6	25	13	36	34	16	
7+	31	19	24	22	34	

Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.

California Department of Health Services: September 2005

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 77: Percentage of Children Who Participated in Adult-Supervised, Informal Physical Activities After School (Diary Sample)

Other than sports lessons, classes, or teams, during a typical school week do you attend any adult-supervised, informal, physical activities after school?

	Participation in Informal Physical Activities, Percent of Children	
Total	**30**	
Gender		
Males	31	
Females	29	
Ethnicity		
White	29	
African American	21	
Latino	31	
Asian/Other	41	
Income		
≤$19,999	31	
$20,000 - $49,999	34	
≥$50,000	27	
Federal Poverty Level		
≤ 185%	36	*
> 185%	27	
Food Stamps		
Yes	36	
No	30	
Overweight Status		
Not at Risk	30	
At Risk/Overweight	30	
Physical Activity		
≥60 minutes	35	**
<60 minutes	25	
School Breakfast		
Yes	35	
No	29	
School Lunch		
Yes	33	*
No	26	
Nutrition Lesson		
Yes	33	*
No	27	
Exercise Lesson		
Yes	34	*
No	25	

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 66: Distribution of Overweight Status of California Children Based on Body Mass Index[1,2] (Diary Sample)

What is your child's current height in feet and inches?
What is your child's current weight in pounds?

	Overweight Status, Percent of Children			
	Not at Risk	At Risk (85th Percentile)[3]	Overweight (95th Percentile)[4]	
Total	**64**	**17**	**19**	
Gender				
Males	61	16	22	
Females	67	17	16	
Ethnicity				
White	65	17	17	
African American	64	18	18	
Latino	60	17	23	
Asian/Other	71	13	16	
Income				
≤$19,999	50	12	38	***
$20,000 - $49,999	59	19	22	
≥$50,000	71	16	13	
Federal Poverty Level				
≤ 185%	53	16	31	***
> 185%	70	17	13	
Food Stamps				
Yes	57	6	37	***
No	64	18	17	
Overweight Status				
Not at Risk	N/A	N/A	N/A	
At Risk/Overweight	N/A	N/A	N/A	
Physical Activity				
≥60 minutes	66	16	18	
<60 minutes	61	18	21	
School Breakfast				
Yes	60	6	34	***
No	64	20	16	
School Lunch				
Yes	60	16	24	**
No	70	17	13	
Nutrition Lesson				
Yes	65	17	18	
No	62	17	21	
Exercise Lesson				
Yes	65	18	17	
No	61	16	23	

[1] Body Mass Index was calculated using the equation: weight in kilograms divided by height in meters^2.

[2] Calculated using the Reference Data for Obesity. CDC website, 2000.

[3] BMI ≥ 85th <95th Percentile

[4] BMI ≥ 95th Percentile

Rows may not add up to 100% due to rounding.
A box around a group of numbers signifies that differences observed within this group are statistically significant.
Chi-Square Test
** p<.01
*** p<.001

California Department of Health Services: September 2005

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 67: Percentage of Children Receiving Lessons from a Teacher, Coach, or Other Instructor at School (Diary Sample)

During this school year, have you had any lessons from a teacher, coach or some other type of instuctor about: food, nutrition and your health/exercise and your health?

	Percent of Children Receiving					
	Lessons on Food, Nutrition, and Health			Lessons on Exercise and Health		
Total	**54**			**64**		
Gender						
Males	57			66		
Females	51			62		
Ethnicity						
White	55			67		
African American	44			52		
Latino	52			64		
Asian/Other	62			60		
Income						
≤$19,999	50			58		
$20,000 - $49,999	52			62		
≥$50,000	57			67		
Federal Poverty						
≤ 185%	52			63		
> 185%	55			65		
Food Stamps						
Yes	51			60		
No	55			64		
Overweight Status						
Not at Risk	56			66		
At Risk/Overweight	53			63		
Physical Activity						
≥60 minutes	62	***		71	***	
<60 minutes	46			57		
School Breakfast						
Yes	47			52	**	
No	56			67		
School Lunch						
Yes	52			64		
No	57			64		
Nutrition Lesson						
Yes	N/A			91	***	
No	N/A			32		
Exercise Lesson						
Yes	77	***		N/A		
No	13			N/A		

No lessons includes "no," "not sure," and "no answer."

A box around a group of numbers signifies that differences observed within the group are statistically significant.

Chi Square Test

** p<.01

*** p<.001

California Department of Health Services: September 2005

2001 California Children's Healthy Eating and Exercise Practices Survey

Table PP! 5: Percentage of California Children Reporting Awareness of the *Campaign's* Television Spots (Phone Sample)

Do you recall seeing or hearing any TV commercials that promoted an educational program called *5 a Day-Power Play!*?

	Aware of the *Campaign's* Television Spots, Percent of Children	
Total	**21**	
Gender		
Males	27	**
Females	14	
Ethnicity		
White	16	*
African American	29	
Latino	28	
Asian/Other	13	
Income		
≤$19,999	26	
$20,000 - $49,999	24	
≥$50,000	17	
Federal Poverty Level		
≤ 185%	26	
> 185%	18	
Food Stamps		
Yes	15	
No	22	
Overweight Status		
Not at Risk	18	*
At Risk/Overweight	28	
Physical Activity		
≥60 minutes	20	
<60 minutes	22	
School Breakfast		
Yes	16	
No	22	
School Lunch		
Yes	25	*
No	15	
Nutrition Lesson		
Yes	18	
No	24	
Exercise Lesson		
Yes	18	
No	26	

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

California Department of Health Services: September 2005

2001 California Children's Healthy Eating and Exercise Practices Survey

Table PP! 5a: Percentage of California Children Reporting Awareness of the *Campaign* Other Than Television Spots (Phone Sample)

Other than TV commercials, have you seen or heard about *5 a Day-Power Play!* anywhere else?

	Aware of the *Campaign* Other than Television Spots, Percent of Children	
Total	**14**	
Gender		
Males	16	
Females	13	
Ethnicity		
White	11	
African American	21	
Latino	18	
Asian/Other	13	
Income		
≤$19,999	17	
$20,000 - $49,999	14	
≥$50,000	14	
Federal Poverty Level		
≤ 185%	16	
> 185%	14	
Food Stamps		
Yes	26	*
No	12	
Overweight Status		
Not at Risk	14	
At Risk/Overweight	14	
Physical Activity		
≥60 minutes	14	
<60 minutes	15	
School Breakfast		
Yes	31	***
No	12	
School Lunch		
Yes	15	
No	13	
Nutrition Lesson		
Yes	15	
No	13	
Exercise Lesson		
Yes	15	
No	12	

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

*** p<.001

California Department of Health Services: September 2005

2001 California Children's Healthy Eating and Exercise Practices Survey

Table PP! 5b: Percentage of California Children Reporting Awareness of the *Campaign* (Phone Sample)

Do you recall seeing or hearing any TV commercials that promoted an educational program called *5 a Day-Power Play!*?
Other than TV commercials, have you seen or heard about *5 a Day-Power Play!* anywhere else?

	Aware of the *Campaign*, Percent of Children	
Total	**30**	
Gender		
Males	37	**
Females	24	
Ethnicity		
White	24	*
African American	29	
Latino	40	
Asian/Other	25	
Income		
≤$19,999	38	
$20,000 - $49,999	31	
≥$50,000	29	
Federal Poverty Level		
≤ 185%	37	*
> 185%	27	
Food Stamps		
Yes	43	
No	29	
Overweight Status		
Not at Risk	28	
At Risk/Overweight	38	
Physical Activity		
≥60 minutes	28	
<60 minutes	33	
School Breakfast		
Yes	43	*
No	28	
School Lunch		
Yes	34	
No	25	
Nutrition Lesson		
Yes	31	
No	30	
Exercise Lesson		
Yes	31	
No	30	

A box around a group of numbers signifies that differences observed within this group are statistically significant.
Chi Square Test
* p<.05
** p<.01

2001 California Children's Healthy Eating and Exercise Practices Survey

Table PP! 7: Range in Number of Servings of Fruits and Vegetables Consumed by Awareness of the *Campaign's* Television Spots[1] (Phone Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

Do you recall seeing or hearing any TV commercials that promoted an educational program called *5 a Day-Power Play!*?

		Servings of Fruits and Vegetables, Percent of Children			
		0[2]	1-2	3-4	5+
Total	**Percent**	**8**	**35**	**36**	**21**
Aware of the *Campaign's* Television Spots					
Yes	21	14	30	34	21
No	79	6	37	36	21

[1] Not aware includes those reporting "no" and "don't know."

[2] Categorized as having 0.5 servings or less.

Rows may not add up to 100% due to rounding.

California Department of Health Services: September 2005

2001 California Children's Healthy Eating and Exercise Practices Survey

Table PP! 7a: Range in Number of Servings of Fruits and Vegetables Consumed by Awareness of the *Campaign*[1] (Phone Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

Do you recall seeing or hearing any TV commercials that promoted an educational program called *5 a Day-Power Play!*?

Other than TV commercials, have you seen or heard about *5 a Day-Power Play!* anywhere else?

		Servings of Fruits and Vegetables, Percent of Children			
		0[2]	1-2	3-4	5+
Total	**Percent**	**8**	**35**	**36**	**21**
Aware of the *Campaign*					
Yes	30	11	29	34	26
No	70	7	38	36	19

[1] Not aware includes those reporting "no" and "don't know."

[2] Categorized as having 0.5 servings or less.

Rows may not add up to 100% due to rounding.

California Department of Health Services: September 2005

2001 California Children's Healthy Eating and Exercise Practices Survey

Table PP! 8: Belief About the Number of Servings of Fruits and Vegetables Needed for Good Health by Awareness of the *Campaign's* Television Spots[1] (Phone Sample)

How many total servings of fruits, fruit juices, vegetables, and or salads do you think you should eat every day for good health?
Do you recall seeing or hearing any TV commercials that promoted an educational program called *5 a Day-Power Play!*?

		Servings of Fruits and Vegetables Believed Needed[2], Percent of Children		
		0-2	3-4	5+
Total	**Percent**	**18**	**41**	**41**
Aware of the *Campaign's* Television Spots				
Yes	21	13	36	51
No	79	19	42	39

[1] Not aware includes those reporting "no" and "don't know."

[2] Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.

California Department of Health Services: September 2005

2001 California Children's Healthy Eating and Exercise Practices Survey

Table PP! 8a: Belief About the Number of Servings of Fruits and Vegetables Needed for Good Health by Awareness of the *Campaign*[1] (Phone Sample)

How many total servings of fruits, fruit juices, vegetables, and or salads do you think you should eat every day for good health?

Do you recall seeing or hearing any TV commercials that promoted an educational program called *5 a Day-Power Play!*?

Other than TV commercials, have you seen or heard about *5 a Day-Power Play!* anywhere else?

		Servings of Fruits and Vegetables Believed Needed[2], Percent of Children			
		0-2	3-4	5+	
Total	**Percent**	**18**	**41**	**41**	
Aware of the *Campaign*					
Yes	30	11	39	50	*
No	70	21	42	37	

[1] Not aware includes those reporting "no" and "don't know."

[2] Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

California Department of Health Services: September 2005